Spadacrene Anglica, The Engliſh Spaw,

OR,

The glory of Knaresborough,

Springing from ſeverall famous Fountains there adjacent, called the Vitrioll, Sulphurous, and dropping Wells; and alſo other Minerall Waters.

Their nature, Phyſicall uſe, Situation, and many admirable Cures being exactly expreſt in the ſubſequent Treatiſe of the learned Dr. *Dean*, and the ſedulous obſervations of the ingenious *Michael Stanhope* ESQUIRE.

Wherein it is proved by Reaſon and Experience, that the Vitrioline Fountain is equall (and not inferiour) to the *Germane Spaw.*

[redacted] Αριστον μὲν ὑδωρ. [redacted]

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To the right Worſhipfull his much hor friends Dr. *Micklethwait*, Dr. *Layn*, Dr. *Bocock*, Dr. *Pullein*, Dr. *Maſterman*, &c. Phyſitians of the ancient and famous City of *YORK*.

Worthy Sirs,

THe importunate deſires of my friends has forced me to re-Print this little Treatiſe of Dr. *Deans Spadacrene Anglica*, which the vacillation of theſe diſtracted & ruinous times had almoſt loſt, and obliterated. To this of Dr. *Deans* I have added the Obſervations of *Michael Stanhope*, Eſquire, which I have excerpted forth of his two Books of the *Spaw*. The want of theſe Books, together with the generall neglect people have had theſe late years of Phyſicians for their Advice and Councell for the preparing and fitting their Bodies for the Waters, has incurred an opprobrie and obloquie upon theſe precious Fountains, many complaining they have not found thoſe Emoluments by them they expected, when as their own miſcarriages and diſorder, either in uſing them at unſeaſonable times, or drinking them in exorbitant quantities, the Phyſitians not conſulted with, their Bodies unprepared, and the Waters haply having no

relation to thoſe ſickneſſes they laboured of, were the ſole Cauſes of their ill ſucceſſes. To prevent all ſuch unjuſt calumnies upon our Divine Waters for the future, I ſhall h·r bly admoniſh all Patients that thirſt after the benefit o. theſe Wells, mentioned in this Treatiſe, to implore your lea. ned advice before they preſume to uſe them. This may be l ke the Angel at the Pool of *Betheſda*, to convey the ener ie & ſucceſſfull operation of the Waters, being taken in t manner from the hands of Art and Reaſon. Worthy rs, I have taken the boldneſſe to re-dedicate this Tract to your ſelves, (Phyſitians of this Citie) as of right it owns you from the Author the good old Doctor deceaſed. I ſhall not at all preſume to preſent a *Panagyrick* upon this *Panacea*, being conſcious your learned firſt thoughts do farre tranſcend my moſt elaborate Meditations; I ſhall onely crave to borrow this of the old Poet, as the true encomium of theſe Fountains of health, Ἄριστον μέν, &c. *Aqua quidem optima*; and together with the Book humbly to Dedicate my ſelf to your ſervice and your Patients, and ſubſcribe my ſelf (as really I am)

Yours at diſpoſes,
John Taylor.

Spadacrene Anglicana.

GAllants, you much miſtake, whiles in brisk VVine
You Healths carouſe; 'tis this bright Vitrioline,
This VVater, that's a ſoveraign Potion, whence
Life is deriv'd to every crazy ſenſe:
However priz'd, 'tis as much better tho,
As cheaper, then the richeſt Charnico

Inflaming

Inflaming th' Blood and Recknings; then we moſt,
VVhen we drink others healths, our own exhauſt.
But if indeed you amorous would expreſſe
Your deep devotions to your Miſtreſſes,
Cleanſe firſt your putrid humours in this Flood,
And defecate your foul diſtemper'd Blood,
Then make your kinde addreſſes, and admire
Your chaſtned reins, whiles now ſo chaſte a fire
Doth iſſue from theſe VVaters Chriſtalline,
More pleaſant farre, then your old Luſts, from Wine.
VVe need not now travail to Germany,
That charge and labour's ſav'd; here Fountains be
Which with their minerall ſpirits ſhall re-inſpire
More life then he that ſtole Cœleſtiall fire:
And though his fooliſh Brother needs muſt prie
Into Pandoras *Box, and ſo let flie*
All thoſe incloſed Plagues, which deeply wound
Poor Mortalls, All are in this Fountain drownd.
'Twere tedious to compute that numerous Train
Of ſad Diſeaſes, which, like Tyrants, *raign*
O're our inſlaved Bodies; rather ſhew
VVhat Ills this Panace cannot ſubdue:
Theſe Rivers (carryed by Alcides Power)
Th' Augeas Stable of our Intralls *ſcour,*
Purge all thoſe noxious humours which infeſt
The Meſentery, Liver, Splene and Breaſt,
And their benigne influence do convey
To the Cephalike parts, and there allay
The hot diſtempers of the head, and drain
The cold defluxes of the liquid Brain.
Both Druggs and Minerals in theſe waters flow,
Pills for the head, Pipe for the parts below.
Nor need the Virgin bluſh, but ſtraight repair
Hither, for change of Water, not of Ayre;

Though

Though she be Daff'dill yellow, Ivy green,
Pale as faint Tulipas, what ere hath been
Her sick complexion, Spaw-Elixar *shall*
Her *Roses to their proper place recall.*
In fine, 'twill all Ills heal, (at least asswage)
Save lost Virginity, and decrepit Age,
Incurable Diseases. Habits be,
After privation, from all Regresse, free.
Where the rate's cheap, the Virtue never question,
This Spring breeds Appetite, and helps Digestion.
Yet I mistake in one thing, 'tis not so,
So cheap and easie as men think it tho,
Not the long Citizens Bill's so costly to you,
This Water gets a Stomack will undo you.
But let the Doctor tho, order your fare,
As he, before you come, must first prepare.
Nor need you fear, who from Joves *pregnant skull*
Claime your Descent, think not these streams can dull,
And cool your spirits, or quench your enthean fire,
For Phœbus *keeps it in, and doth inspire*
These Springs with active Wit, which he can doe,
Doctor of Phisick, and of Musick too.
Ev'n VVater-drinkers may good Poets bee
VVhen Cynthius *doth the Fountain purifie,*
And from foul dreggs and mudd preserve it clean,
These Wells both Hippo-*are, and* Spada-crene ;
But we ne're drink of either, you may know it,
For I nor healthfull am, nor yet good Poet. that heej ith right of.

Who love your healths, love th' English Spadacrene,
And act your Parts upon this Watry Scene.

Jo: Philomusus.

The Englisſh Spaw.

Written by Dr. *Edm. Dean*, late Phyſician in *Yorke*.

CHAP. I.

Of the ſituation of the Town of Knaresborow.

Naresbrugh (commonly called *Knaresborow*) is a very ancient Market town in the Weſt-Riding of *Yorkeſhire*, diſtant 14 miles from the City of *Yorke*; where the Pole is elevated 54 degrees, and 20 odde minutes. On the South-weſt part thereof is that faire, and goodly Fort, ſo much renowned, both for the pleaſant ſituation, and remarkable ſtrength, known by the name of *Knaresborow Caſtle*, ſeated on a moſt ragged and rough Rock; whence (as learned Mr. *Camden* ſaith) it is ſo named.

Both the Caſtle and Towne are fenced on the South and Weſt parts with the Rivers *Nide*: which is beautified here with two faire Bridges of ſtone, which lead from the Town into the Foreſt adjoyning, as alſo unto a large empaled Park of his Majeſties, called *Bilton-park*, well ſtored with fallow Deere: part whereof is bordered with the ſaid river.

The Town it ſelf ſtandeth on a hill, having almoſt on every ſide an aſcent to it; and about it are divers fruitfull valleys well repleniſhed with graſſe, corne, and wood. The waters there are wholſome and clear; the ayre dry and pure. In briefe, there is nothing wanting, that may fitly ſerve for a good and commodious habi-

tation, and the content and entertainment of ſtrangers.

Many things are very obſervable in this place, which becauſe they rather doe appertain to the volumes of Geographers, and Antiquaries, then to the purpoſe intended in this little treatiſe, are here omitted.

CHAP. II.

Of the ſeverall earths, ſtones, and mineralls, found neere and about this place.

ALthough there are in ſundry places of this Kingdome as many, or moe ſeverall kindes, and ſorts of earths, quarryes of ſtone, minerals, and mines of mettalls, then in any other Realme whatſoever; notwithſtanding, no one place hath been obſerved to have them either in ſuch plenty, or variety in ſo ſmall a diſtance, as this. For here is found not onely white and yellow marle, plaiſter, oker, rudd, rubricke, free-ſtone, an hard greet-ſtone, a ſoft reddiſh ſtone, iron-ſtone, brim-ſtone, vitreall, nitre, allum, lead, copper, (and without doubt diverſe mixtures of theſe) but alſo many other minerals might (perhaps) be found out by the diligent ſearch, and skilfull induſtry of thoſe, who would take pains to labour a little herein.

All which do manifeſtly demonſtrate, that nature hath ſtored this little territorie with a greater diverſity of hidden benefits, then great and ſpacious Countries otherwiſe abounding in outward native commodities, and that the fountains, or ſprings of water hereabouts cannot otherwiſe then participate of their ſeverall natures, and properties.

CHAP. III.

Of the fountaines, of pure and ſimple waters, neer and about the Towne.

AS generally moſt part of the Weſt Riding of *Yorke ſhire* (eſpecially the hilly and more mountainous places thereof) are ſtored with fountains and ſprings of cleare, limpid, and pure ſimple

simple waters; so likewise the territorie here abouts is not without plenty of them. Two whereof have gotten and purchased that reputation, as to be Sainted: The one called by the name of Saint *Magnus*, or *Magnus-Well*: th' other, that of Saint *Roberts*.

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These, formerly for a yeare, or two, have been in great request in these parts amongst the common sort, much sought unto by many, and great concourse of people have daily gathered and flocked to them, both near, and afarre off, as is most commonly seen, when any new thing is first found out. *Fama enim crescit eundo*, even unto incredible wonders and miracles, or rather fictions, and lyes. All which commeth to passe as wee may well suppose, through our overmuch English credulity, or (as I may better say) rather superstition. For to any such like Well, will swarme at first both young and old (especially the female sexe, as ever more apt to be deluded) halt, lame, blinde, deafe, dumbe, yea, almost all, and that for all manner of maladies and diseases, both inward and outward.

But for as much, as these are springs of pure, and simple waters meerly, without any mixture at all of minerals, to make them become medicinable, it is verily thought, that the many & severall cures, which have been attributed unto them in those times, when they were so frequented, were rather fained, and imaginary, then true, and reall; and that those, who then visited them, were desirous (either to uphold, and maintain the credit, and reputation of their Saints, or else, to avoid the scorn and derision of their own delusion) to have others likewise deceived.

Time hath quite worn all their strength, and consumed all their vertues; so that nothing of worth now remains with them, saving onely their bare names and titles:

Sic magna suâ mole ruunt.

Wherefore to omit these, as scarce worthy the mentioning; those are chiefly here to be described, which doe participate of minerall vertues, and faculties.

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CHAP. IV.

Of five fountains near unto the town, which doe participate of minerall vertues.

OUt of the divers Fountains ſpringing hereabouts, five are are worthy the obſervation of Phyſitians. The firſt whereof is very near unto the river banke, over againſt the Caſtle, called by the name of the *Dropping-well*, for that it droppeth, diſtilleth, and trickleth down from the hanging rock above. The water whereof hath a certain quality or property to turn any thing that lyeth in it, into a ſtony ſubſtance in a very ſhort ſpace.

Three of the others (being all of them much of one, and the ſame nature) are termed by the country people thereabouts the *Stinkingwels*, in regard they have an ill, and fetide ſmel, conſiſting moſt of Sulphure-vive, or quicke brimſtone. One of them, and that which hath the greateſt current, or ſtream of water, is in *Bilton park*.

The other two are in the ſaid Forreſt; one is neare unto the Town; the other is further off, almoſt two miles from it, beyond a place called *Haregate head*, in a bottome on the right hand of it, as you goe, and almoſt in the ſide of a little brook.

The fift, and laſt (for which I have principally undertaken to write this ſhort Diſcourſe) is an acide, or tart fountaine in the ſaid Foreſt, commonly named by the vulgar ſort, *Tuewhit-well*, and the *Engliſh Spaw*, by thoſe of the better rank, in imitation of thoſe two moſt famous acide fountains at the *Spaw* in *Germany*, to wit, *Sauuenir*, and *Ponhon*: whereof the firſt (being the prime one) is half a league from the *Spa*, or *Spaw* Village; the other is in the middle of the towne.

CHAP. V.

A more particular recitall of the firſt foure Wels.

I Purpoſe to ſpeake ſomewhat more in this place of the firſt foure Springs mentioned in the former Chapter, in regard the conſideration of them may perhaps give ſome light to thoſe, who ſhall hereafter ſearch further into the ſecrets, which nature may

ſeem to afford in the Country hereabouts.

The firſt is the *Dropping well*, known almoſt to all, who have travelled unto this place. The water whereof diſtilleth and trickleth down from the hanging Rock over it, not onely dropping wiſe, but alſo falling in many pretty little ſtreams.

This water iſſueth at firſt out of the earth, not farre from the ſaid hanging Rock, and running a while in one entire current, continueth ſo, till it commeth almoſt to the brim of the cragg; where being oppoſed by a damme (as it were artificiall) of certain ſpongy ſtones, is afterwards divided into many ſmaller branches, and falleth from on high in manner aforeſaid,

It is therforefore very like that Mr *Cambden* in perſon did not ſee this fountain, but rather that he had it by relation from others; or at leaſt wiſe (if he did ſee it) that he did not mark, and duly obſerve the originall ſpringing up of the water, when in his *Britannia* he ſaith thus: *The waters thereof ſpring not up out of the veines of the earth, &c.*

Concerning the properties and qualities thereof, I have nothing more to write at this time (there being formerly little triall had of it) ſaving that divers inhabitants thereabouts ſay, and affirm, that it hath been found to be very effectuall in ſtaying any flux of the body: which thing I eaſily beleeve.

The other three are ſulphurous fountaines, and caſt forth a ſtinking ſmell a-farre off, eſpecially in the Winter ſeaſon, and when the weather is coldeſt. They are all noyſome to ſmell to, and cold to touch, without any manifeſt or actuall heat at all; by reaſon (as may moſt probably be thought) their mines and veines of brimſtone, are not kindled under the earth; being (perhaps) hindred by the mixture of ſalt therewith.

Thoſe who drink of their waters, relate, they verily think there is gun-powder in them, and that now and then they vomit after drinking thereof.

The waters as they run along the earth, do leave behind them on the graſſe and leaves, a gray ſliny ſubſtance, wch being ſet on fire, hath the right ſavour of common brimſtone. They are much haunted with Pigeons, an argument of much ſalt in them; of which in the evaporation of the water by fire, we found a good quantity remaining in the bottome of the veſſell.

One thing further was worth obſervation; that white metall (as

ſilver) dipped into them, preſently ſeemeth to reſemble copper: which we firſt noted by putting a ſilver porrenger into one of theſe; unto which Sir *Francis Trapps* did firſt bring us. Which tincture theſe waters give by reaſon of their ſulphur

Touching their vertues, and effects, there may in generall the like properties be aſcribed unto them, as are attributed unto other ſulphurous Bathes actually cold, participating alſo of Salt.

The vulgar ſort drink theſe waters (as they ſay) to expell reeſe, and fellon; yea, many who are much troubled with itches, ſcabs, morphewes, tetters, ring-wormes, and the like, are ſoone holpen and cured, by waſhing the parts ill-affected therewith. Which thing they might much more conveniently and more commodiouſly do, if at that in *Bilton* park, were framed two capacious Bathes; the one cold, the other to be made hot, or warm, by art, for certain known houres a day.

Chap. VI.

A more particular deſcription of the fifth, or laſt Fountain, called the Engliſh Spaw.

This, being the principall ſubject of this whole Treatiſe, is in the ſaid Forreſt, about halfe a league, or a mile and a halfe, Weſt from the Town; from whence there is almoſt a continuall riſing to it, but nothing ſo great as the aſcent is from the *Spaw* village to the *Saunenir*. This here ſpringeth out of a mountainous ground, and almoſt at the height of the aſcent, at *Haregate head*; having a great deſcent on both ſides the ridge thereof; and the Countrey thereabouts ſomwhat reſembleth that at the *Spaw* in *Germany*.

The firſt diſcoverer of it to have any medicinall quality (ſo far forth as I can learn) was one Mr *William Slingsby*, a Gentleman of many good parts, of an ancient and worthy Family neere thereby; who having travelled in his younger time, was throughly acquainted with the taſte, uſe, and faculties of the two *Spaw* Fountaines.

In his latter time, about 55 yeares agoe, it was his good Fortune to live for a little while at a Grange houſe very neere to this Fountain, and afterwards in *Bilton* Park all his life long. Who drinking of this water, found it in all things to agree with thoſe

be

at the *Spaw*. Whereupon (greatly rejoycing at ſo good and fortunate an accident) he made ſome further triall and aſſay. That done, he cauſed the Fountain to be well and Artificially walled about, and paved at the bottome, (as it is now at this day) with two faire ſtone flags, with a fit hole in the ſide thereof, for the free paſſage of the water through a little guttered ſtone. It is open at the top, and walled ſomewhat higher then the earth, as well to keep out filth, as cattell for comming and approaching to it. It is foure ſquare, three foot wide, and the water within is about three quarters of a yard deep.

Firſt, we cauſed it to be laded dry, as well to ſcoure it, as alſo to ſee the riſing up of the water, where we found to ſpring up onely at the bottome at the chink, or cranny, between two ſtones, ſo left purpoſely for the ſpringing up of the water at the bottome: Which (as *Pliny* obſerveth in his 31 Book of his Naturall Hiſtory, and the third chapter) is a ſign above all of the goodneſſe of a Fountain.

And above all (ſaith he) *one thing would be obſerved, and ſeen unto, that the ſource which feedeth it, ſpring and boyle up directly from the bottome, and not iſſue forth at the ſides: which alſo is a main point that concerneth the perpetuity thereof, and whereby we may collect, that it will hold ſtill, and be never drawn dry.*

The ſtream of water which paſſeth away by the hole in the ſide thereof, is much one, and about the proportion of the current of *Sauuenir*.

The above-named Gentleman did drink the water of this Fountain every yeare after, all his life time, for helping his infirmities, and maintaining of his health, and would oftentimes ſay and averre, that it was much better, and did excell the tart fountains beyond the Seas, as being more quick and lively, and fuller of Minerall ſpirits; effecting his operation more ſpeedily, and ſooner paſſing through the body.

Moreover, Dr *Timothy Bright* of happy memory, a learned Phyſitian, (while he lived, my very kind friend, and familiar acquaintance) firſt gave the name of the *Engliſh Spaw* unto this Fountain, about thirty yeares ſince, or more. For he alſo formerly had ſpent ſome time at the *Spaw* in *Germany*; ſo that he was very able to compare thoſe with this of ours. Nay, he had furthermore

thermore ſo good an opinion, and ſo high a conceit of this, that he did not onely direct and adviſe others to it, but himſelfe alſo (for moſt part) would uſe it in the Summer ſeaſon.

Likewiſe Dr *Anthony Hunton* lately of *Newark* upon *Trent*, a Phyſitian of no leſſe worth, and happy memory, (to whom for his true love to me, and kind reſpect of of me, I was very much beholden) would often expoſtulate with me at our meetings, and with other Gentlemen of *Yorkeſhire*, his patients, how it came to paſſe, that I, and the Phyſitians of *Yorke*, did not by publick writing make the fame and worth thereof better known to the world?

Chap. VII.

Of the difference of this Fountain from theſe at the Spaw, *to wit,* Sauuenir, *and* Pouhon.

THis ſpringeth almoſt at the top of the aſcent (as formerly hath been ſaid) from a dry and ſomewhat ſandy earth: The water whereof running South-eaſt, is very cleare, pure, full of life, and minerall exhalations.

We find it chiefly to conſiſt of a vitrioline nature and quality, with a participation alſo of thoſe other minerals, which are ſaid to be in the *Sauuenir* Fountain; but in a more perfect and exquiſite mixture and temper (as we deem) and therefore to be ſuppoſed bettter and nobler then it. The difference betweene them will be found to be onely *Secundum majus & minus*, that is, according to more, or leſſe, which maketh no difference in kind, but in degrees. This partaketh in greater meaſure of the qualities, and leſſer of the ſubſtances of the Minerals, then that doth; and for that cauſe it is of a more quick and ſpeedy operation; as alſo for the ſame reaſon, his tenuity of body, and fulneſſe of minerall ſpirits therein contained, it cannot bee ſo farre tranſported from its own ſource and ſpring, without loſſe, and diminution of his ſtrength and goodneſſe. For being carried no further then to the Town it ſelfe (though the glaſſe or veſſell be cloſely ſtopt) it becometh ſomwhat weaker: if as far as to *Yorke*, much more: but if 20 or 30 miles further, it will then be found to be of ſmall force or validity, as we have often obſerved.

Whereas

Whereas contrariwise the water of the lower Fountaine at the *Spaw*, called *Pouhon*, is frequently and usually carried and conveyed into other countries farre off, and remote, as into *France*, *England*, *Scotland*, *Ireland*, divers parts of *Germany*, and some parts of *Italy*; yea, and that of *Sauuenir*, (which is the better Fountain, and whose water cannot be carried so farre away, as the other may) is oftentimes used now-a-dayes at *Paris*, the chief Citie of *France*.

But this of ours cannot be sent away any whit so farre off, without losse and decay of his efficacy, and vertue. so ayrie, subtill, and piercing are its spirits, and minerall exhalations, that they soon, passe, vanish, and flye away. Which thing we have esteemed to be a principall good signe of the worthy properties of this rare Fountaine. So that this water, being newly taken up at the Well, and presently after drunk, cannot otherwise, but sooner passe by the Hypochondries, and through the body, and cause a speedier effect, then those in *Germany* can. Whereby any one may easily collect, and gather, that this getteth his soveraigne faculties better in its passage by and through the variety of minerals included in the earth (which onely afford unto it an halitious body) then those doe.

If then we be desirous to have this of ours become commodious either for preserving of our healths, or for altering any distemper, or curing any infirmity (for which it is proper and available) it ought chiefly to be taken at the Fountain it selfe, before the minerall spirits be dissipated.

Chap. VIII.

That Vitriol is here more predominant then any other Minerall.

WE have sufficiently been satisfied by experience and trials, through what Minerals this water doth passe; but to know in what proportion they are exactly mixed therewith, it is beyond humane invention to find out; Nature having reserved this secret to her selfe alone. Nevertheless it may very well be conjectured, that as in the frame and composition of the most noble creature, Man (the lesser world) there is a

temper of the foure elements rather *ad justitiam* (as the Philosophers say) then *ad pondus*; so Nature in the mixture of these Minerals, hath likewise taken more of some, and lesse of others, as she thought to be most fit and expedient for the good and behoof of mans health, and the recovery and restitution of it decayed; being indeed such a work, as no Art is able to imitate.

That *Vitriolum* (otherwise called *Chalcanthum*) is here most predominant, there needs no other proof, then from the assay of the water it self; which both in the tart and inky smack thereof, joyned with a piercing and a pricking quality, and in the savour (which is somewhat a little vitrioline) is altogether like unto the ancient *Spaw* waters: which according to the consent of all those, who have considered their naturall compositions, do most of all, and chiefly participate of vitrioll.

Notwithstanding for a more manifest, and fuller triall hereof, put as much powder of galls, as will lye on two-pence, or three-pence, into a glasse full of this water newly taken up at the fountain, you shall see it by and by turned into the right and perfect colour of Claret wine, that is fully ripe, cleare, and well fined, which may easily deceive the eye of the skilfullest Vintner.

This demonstration hath been often made, not without the admiration of those, who first did see it. For the same quantity of galles mingled with so much common water, or any other Fountain water thereabouts, will not alter it any thing at all; unlesse to these you also adde vitrioll, and then the colour will appeare to be of a blewish violet, somwhat inkish, not reddish, as in the former, which hath an exquisite & accurate conjunction of other Minerall exhalations, besides the vitrioline. But this probation will not hold, if so be you make triall with the said water being carried farre from the Well; by reason of the present dissipation of his spirits.

Chap. IX.

Of the properties and effects of Vitriall, according to the ancient and modern Writers.

THE qualities of *Vitriall*, according to *Dioscorides*, *Galen*, *Aetius*, *Paulus Aegineta*, and *Oribasius*, are to heat and dry,

dry, to bind, to resist putrefaction, to give strength and vigour to the interiour parts, to kill the flat wormes of the belly, to remedy venemous mushromes, to preserve flesh over moist from corruption, consuming the moisture thereof by its heat, and constipating by his astriction the substance of it, and pressing forth the serous humidity.

And according to *Matthiolus* in his Commentaries upon *Dioscorides*, it is very profitable against the plague and pestilence, and the chymicall oyle thereof is very available (as himselfe affirmeth to have sufficiently proved) against the stone and stopping of Urine, and many other outward maladies and diseases, (*Andernacus* and *Gesner* adde to these the Apoplexy) all which, for avoiding of prolixity, I doe here purposely omit.

Neither will I further trouble the Reader with the recitall of divers and sundry excellent remedies, and medicines, found out and made of it in these latter times, by the Spagyrick Physitians, and others: Insomuch that *Joseph Quercetanus*, one of those, is verily of opinion, that out of this one individuall minerall, well and exquisitly prepared, there might be made all manner of remedies and medicines sufficient for the storing and furnishing of a whole Apothecaries shop.

But it will (perhaps) be objected by some one or other in this manner: If vitrioll, which as most doe hold, is hot and dry in the third degree, or beginning of the fourth, nay, of a caustick quality and nature (as *Dioscorides* is of opinion) should here be predominant; then the water of this Fountaine must needs be of great heat and acrimony; and so become not oney uprofitable, but also very hurtfull for mans use to be drunke, or inwardly taken.

To which objection (not to take any advantage of the answer, which many learned Physitians doe give, *viz.* that vitrioll is not hot, but cold) I say: First, that although all medicinall waters doe participate of those minerals, by which they do passe, yet they have them but weakly (*viribus refractis*) especially when in their passages they touch, and meet with divers other minerals of opposite tempers and natures.

Secondly, I answer, that in all such medicinall Fountaines as this, simple water doth far surpasse and exceed in quantity, whatsoever is therewith intermixed; by whose coldnesse it commeth

to passe, that the contrary is scarce, or hardly perceived. For example, take one proportion of any boyling liquor to 100. or more, of the same cold, and you will hardly find in it any heat at all. Suppose then vitrioll be hot in the third degree, it doth not therefore follow, that the water which hath his vertue chiefly from it, should heat in the same degree. This is plainly manifest not only in this fountain, but also in all others, which have an acide taste, being indeed rather cold then hot, for the reasons above mentioned.

CHAP. X.

Of the effects which this Fountain worketh, and produceth in those who drink of it.

EXperience sheweth sufficiently, besides reason, that this water first, and in the beginning cooleth such as use it: But being continued, it heateth and drieth; and this for the most part it doth in all, yet not alwayes. For (as we shall more fully declare afterwards) it effecteth cures of opposite, and quite contrary natures, by the second and third qualities wherewith it is endowed; curing diseases both hot, cold, dry, and moist.

Those waters, (saith *Renodæus*) which are repleniſhed with a vitrioline quality, as those at the *Spaw*, doe presently heale, and (as it were) miraculously cure diseases, which are without all hope of recovery; having that notable power and faculty from vitrioll; by the vertue and efficacy whereof, they passe through the meanders, turnings and windings of all parts of the whole body. Whatsoever is hurtfull, or endammageth it, that they sweep and carry away: what is profitable and commodious, they touch not, nor hurt: that which is flaccid, and loose, they bind and fasten: that which is fastned, and strictly tied, they loose: what is too grosse and thick; they incide, dissolve, attenuate, and expell.

More particularly the water of this fountaine hath an incisive and abstersive faculty to cut and loosen the viscous and clammy humours of the body, and to make meable the grosse: as also by its piercing and penetrating power, subtilty of parts, and by

his deterging and deficcative qualities to open all the obſtructions, or oppilations of the meſentery (from whence the ſeeds of moſt diſeaſes doe ariſe and ſpring) liver, ſpleen, kidneis, and other interiour parts (and which is more to be noted and obſerved) to coole, and contemperate their unnaturall heat, helpling, and removing alſo all the griefes and infirmities depending thereupon.

Beſides all this, it comforteth the ſtomack by the aſtriction it hath from other mineralls, eſpecially Iron, ſo that (without doubt) of a thouſand, who ſhall uſe it diſcreetly, and with good advice (their bodies firſt being well and orderly prepared by ſome learned and skilfull Phyſitian, according to the ſtates thereof, and as their infirmities ſhall require) there will ſcarcely be any one found who ſhall not receive great profit thereby.

Moreover, it cleanſeth, and purifieth the whole maſſe of blood contained in the veynes, by purging it from the ſereſity peccant, and from cholerick, phlegmaticke, and melancholike humours, and that principally by Urine, which paſſeth through the body very clear, and in great quantity, leaving behinde it the minerall forces, and vertues.

Their ſtooles, who drink of it, are commonly of a blackiſh, or dark green colour, partly becauſe it emptieth the liver and ſpleen from aduſt humours, and melancholy, or the ſediment of blood; but more eſpecially, becauſe the minerals intermixed doe produce and give ſuch a tincture.

CHAP. XI.

In what diſeaſes the water of this Fountain is moſt uſefull and beneficiall.

OVer and beſides the peculiar and ſpecificall faculties, which this fountain hath, it ſheweth divers and ſundry other manifeſt effects and qualities in evacuating the noxious humours of the body, for the moſt part by Urine, eſpecially when there is any obſtruction about the kidneyes, ureters and bladder: Or by Urine and ſtoole both, if the meſentery, liver, or ſpleen, chance to be obſtructed. But, if the affect or grief be in the matrix or womb, then it cleanſeth that way according to the accuſtomed and uſuall manner of women.

In melancholicke people it purgeth by provoking the hæmorrhoides, and in cholerick by siege, or stoole. If it causeth either vomit or sweat, it is very seldome and rare.

See here a most admirable work guided by the omnipotency and wisedome of the Almighty, that a naturall, clear, and pure water, should produce so many and severall effects and operations, being all of them in a manner contrary one to another, which few medicines composed by art can easily performe without hurt and dammage to the party. Wherefore being drunk with those cautions & circumstances necessarily required thereunto, it is to be preferred before many other remedies, as not onely procuring these evacuations; but also (which is more to be noted) staying them, when they grow to any excesse. For seeing that here are minerals contained both hot, cold, dry, aperitive, astringent, &c. there is none so simple but must needs thinke and grant, that it cannot otherwise be but good and wholesome in grievances, and diseases, which in their own natures are opposite.

But I may instance in some few, for which it is good and profitable, and therein observe some order and methode; It dryeth the over moist brain, and helpeth the evils proceeding there from, as rhumes, catarrhs, palsies, cramps &c.

It is also good and availeable against inveterate headaches, megrims, turnings and swimmings of the head and braine, dizzinesse, epilepsie, or falling sickneſse, and the like cold and moist diseases of the head.

It cheereth and reviveth the spirits, strengthneth the stomack, causeth a good and quick appetite, and furthereth digestion.

It helpeth the black and yellow Jaundisse, and the evill which is accompanied with strange feare and excessive sadnesse without any evident occasion, or necessary cause, called *Melancholia Hypochondriaca*. Likewise the cachexy, or evill habit of the body, and the dropsie in the beginning thereof, before it be too farre gone. For besides that it openeth obstructions, it expelleth the redundant water contained in the belly, and contemperateth the unnaturall heat of the Liver.

It cooleth the Kidneyes or Reynes, and driveth forth sand, gravell, and stones out of them, and also hindreth the encrease or breeding of any new, by the concretion, and saudering of gravell, bred of a viscous and clammy humour, or substance. The same it

performeth to the bladder, for which it is also very beneficiall, if it chance to have any evill disposition either in the cavity thereof, or in the neck of it, and shutting muscle called *Sphincter*, whereby the whole part, or member is let and hindred in his office and function.

Moreover, if there chance to be any ulcer in the parts last specified, or any sore, or fistula, in *perinæo* through an impostume ill cured, this water is a good remedy for it, in regard of its cleansing, cicatrizing and constringing power, and vertue; and for that cause it is very proper and commodious for the acrimony and sharpnes of Urine, and against the stopping and suppression of Urine, difficulty of making water, and the strangury.

Although it is very availeable against the stone in the Kidneys, and against the breeding, and increase of any new there; yea, and against little ones, that are loose in the bladder; yet notwithstanding it will afford little or small benefit to those, in whom it is grown to be very great and big in the bladder: Because nothing will then serve to break it, as *Brassavolus* saith, but a Smiths anvile and hammar. Nevertheless, if in this case incision be used, it will be very commodious both for mundifying and consolidating the wound, made for the extraction of it.

It shall not be needfull to speak much of the profit, which will ensue by the fit administration of it in the inveterate venereous Gonorrhæa, causing it to cease and stay totally, and correcting the distemper, and the ulcerous disposition of the seed vessels, and the vicine parts.

There are very few infirmities properly incident to women, which this water may not seem to respect much. The use whereof, after the advice and councel had of the learned Physitian, for the wel & orderly preparing their bodies, is singular good against the green sickness, and also very commodious and behovefull to procure their monethly evacuations, as also to stay their over much flowing; as well to correct, as to stay their white floods; as wel to dry the womb being too moist, as to heat it being too cold, through which causes and distempers conception (for the most part) is let and hindered in cold Northerne Countries, as *England*, and the like. For by the help of it these distempers are changed and altered, the superfluous humidities and mucosities are taken away, the part is corroborated, and the retentive vertue is strengthned.

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This hath been ſo much, and ſo often obſerved at the ancient *Spaw*, that it cannot otherwiſe, but be alſo verified at this in after times, when it ſhall be frequented (as thoſe have been) with the company of Ladies, and Gentlewomen: Divers whereof, having been formerly barren for the ſpace of ten, twelve years, or moe, and drinking of thoſe waters for curing and helping ſome other infirmities, then for want of fruitfulneſſe, have ſhortly conceived after their return home to their husbands, beyond their hopes and expectations.

Beſides all this, it is good for thoſe women, who, though otherwiſe apt enough to conceive, yet by reaſon of the too much lubricity of their wombs, are prone to miſcarry and abort, if before conception they ſhall uſe it with thoſe cautions and directions requiſite.

Alſo it reſpecteth very much the hard ſcirrhous and cancarous tumours, and the grievous ſoars and dangerous Ulcers of the matrix. All theſe excellent helpes and many moe it performeth to women with more ſpeedy ſucceſſe, if it be alſo received by injection. But here by the way, all ſuch women, who are with child, are to be admoniſhed, that they forbear to uſe it during that time.

In children it killeth and expelleth the worms of the guts and belly, and letteth and hindreth the breeding, and new encreaſe of any moe.

I will here forbeare to write any thing of the benefits which it affordeth againſt old and inveterate itches, morphewes, leproſies, &c. in regard the other three ſulphurous fountains, before mentioned, doe more properly reſpect ſuch like grievances. Neither will I now ſpend any more time in ſhewing what vertues it hath in the cure of the Indian, commonly called the French, or rather Spaniſh diſeaſe: becauſe experience hath found out a more certain and ſure remedy againſt it.

CHAP.

CHAP. XII.

Of the necessity of preparing the body before the use of this water.

IT is not in most things the bare and naked knowledge or contemplation of them, that makes them profitable to us; but rather their right use, and opportune and fit administration. Medicines are not said to be *Deorum manus*, that is, the hands of the Gods, (as *Herophilus* calleth them) or *Deorum dona*; that is, the gifts of the Gods (as *Hippocrates* believed) till they be fitly applyed and seasonably administred by the counsell and advice of the learned and skilfull Physitian, according to the true rules, and method of Art.

Temporibus medicina valet, data, tempore prosunt,
Et data non apto tempore vina nocent.
That is,
Medicines availe in their due times,
And profit is got by drinking wines
In timely sort; but in all reason
They doe offend, drunk out of season.

Therefore to know th'originall minerals, faculties, and vertues of this worthy acide fountain, will be to no end, or to small purpose for them, who understand not the right and true use, nor the fit and orderly administration of it. For not onely Physick or medicines, but also meats, and drinks taken disorderly, out of due time and without measure, bringeth oftentimes detriment to the party; who otherwise might receive comfort and strength thereby: So likewise this water, if it be not drunk at a convenient time and season, in due fashion and proportion, yea, and that after preparatives and requisite purging and evacuation of the body, may easily hurt those, whose infirmities otherwise it doth principally respect. For medicines ought not to be taken rashly, and unadvisedly, as most doe hand over head without any consideration of time, place, and other circumstances; as that ignorant man did, who getting the receipt of that medicine,

wherewith formerly he had been cured, made triall of it again long after for the same infirmity without any help or good at all; whereat greatly marvailing, received this answer from his Physitian: I confesse (said he) it was the self same medicine, but because I did not give it, therefore it did you no good.

To the end therefore, that no occasion may hereafter be either given, or taken by the misgovernment, or over-rashnesse of any in using it to calumniate and traduce the worth, and goodnesse of this fountain, I will briefly here shew, what course is chiefly to be followed and observed by those who shall stand in need of it.

First then, because very few men are throughly and sufficiently informed concerning the natures and causes of their grievances, it will be necessary that every one should apply himself to some one, or other, who either out of his judgement, or experience, or both, may truly be able to give him counsell and good advice concerning the conveniency of this fountain. And if he shall be avised to use it, then let the party (in the feare of God) addresse himself for his way to it, against the fit season of it, without making any long and tedious dayes journeys, which cause lassitude, and wearinesse.

Then, being come to the place, he ought after a dayes rest, or two, to have his body well prepared, and gently cleansed with easie lenitives, or purgatives, both fit, and appropriate, as well to the habite and constitution thereof, as also for the disease it selfe, and as occasion shall require, according to the rule of method, which teacheth that universall or generall remedies ought ever to precede and go before particulars. Now what these are in speciall, to fit every ones case in particular, is impossible either for me here, or any else to define precisely. *Ars non versatur circa individua.* We may see it true in mechanicall trades. No one Shoomaker can fit all by one Last: nor any one Taylor can suite all by one, and the self same measure.

Yet in regard it may perhaps bee expected that something should be said herein, I say, that in the beginning (if occasion serve) some easie Clyster may very fitly be given, as well for emptying the lower intestines from their scall excrements, as for carrying away and cleansing the mucose slimes contained therein. After that, it will be convenient to prepare the body by some

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Julep or Apozeme, or to give some lenitive medicine to free the first region of the body from excrements. For otherwise the water might peradventure convey some part of them, or other peccant matter, which it findeth in his passage either into the bladder, or to some other weak and infirme member of the body, to the increase of that evill disposition, which is to be removed, or else to the breeding of some other new infirmity.

Some perhaps will here object and say, that the time of the year, in which this fountain will be found to be most usefull, will be the hottest season thereof; or (if you list so to call it) the Dog-daies, when it will be no fit time to purge at all. *Obj.*

To this I answer and say: First, the purging medicines here required are not strong, and generous, but gentle, milde and weak, such as are styled *Benedicta medicamenta*, which may with great safetie and profit be given either then or at any other time of the year without any danger, or respect of any such like circumstance at all. *Ans.*

Secondly I answer; Although this observation of the Dog-dayes might perhaps be of some moment in hotter countries, as *Greece*, where *Hippocrates* lived, who first made mention of those dayes: Yet in colder climates, as *England*, and such like Countries, they are of little or small force at all, and almost not to be regarded any whit, either in using milde and temperate purgatives, or almost in any other; or in blood-letting: though very many, or most doe erroniously say and think the contrary. So that (if there be cause) they may as well and safely then purge, as at any other time: Or, if occasion shall urge, as in plethoricall bodies, and many other cases, a veine may safely (or rather most commodiously) be then opened, and so much blood taken away, as the skilfull Physitian shall think in his discretion and wisdome to be needfull and requisite. 2.

Let no man here think, that this is any strange position, or a new paradox (for the learned know the contrary) or that I am studious of innovation, but rather desirous to root out an old and inveterate errour, which in all probabilitie hath cost moe English mens lives, then would furnish a royall army, in neglecting those two greater helpes or remedies, to wit, Purging and Blood-letting in hot seasons of the year; which in all likelihood might have saved many of their lives, while expecting more temperate

weather, they have beene ſummoned in the meane time, or *interim*, by the meſſenger of pale death to appeare in another world.

Wherefore let all thoſe who are yet living, be admoniſhed hereafter, by their examples, not obſtinately and wilfully to eſchew and ſhun theſe two remedies in hot ſeaſons, and in the time of the Dog-dayes, (much leſs all other manner of phyſicall helps) not once knowing ſo much as why, or wherefore, & without any reaſon at all, following blind & ſuperſtitious tradition and error, haply firſt broached by ſome unworthy and ignorant Phyſitian, not rightly underſtanding *Hippocrates* his ſaying in all likelihood, or at leaſt wiſe miſapplying it: Which hath ſo prevailed in theſe times, that it hath not onely worn out the uſe of purging, but alſo of all other Phyſick for that ſeaſon, becauſe moſt people by the name of Phyſick, underſtanding purging onely, and nothing elſe; as though the Art and Science of Phyſick was nothing elſe but to give a potion, or purge. Then we rightly and truly might ſay, *Filia devoravit matrem.*

But foraſmuch as moſt people are altogether ignorant of the true ground or reaſon, from whence this ſo dangerous an error concerning the Dog-dayes, did firſt ſpring and ariſe, give me leave a little to go on with this my digreſſion, for their better inſtruction and ſatisfaction; and I will briefly and in few lines, ſhew the caſe and miſtake ſomewhat more plainly.

Hippocrates in his fourth Book of *Aphoriſmes*, the fifth, hath theſe words: *Sub caniculo, & ante caniculam difficiles ſunt purgationes.* That is, under the canicula, or Dog-ſtarre, and before the Dog-ſtar, purgations are painfull and difficill. This is all that is there ſaid of them, or brought againſt them for that ſeaſon or time of the year. A great ſtumbling-block, againſt which many have daſhed their feet, and knockt their ſhins, & a fearfull ſcarcrow, whereat too many have nicely boggled. Here you doe not find or ſee purging medicines to be then prohibited, or forbidden to be given at all (much leſs all other Phyſick) but only ſaid to be difficill in their working: partly becauſe (as all expoſitors agree) nature is then ſomewhat enfeebled by the heat of the weather; partly becauſe the humours being then, as it were, accended, are more chaffed by the heat of the purging medicines; partly, and laſtly, becauſe two cõtrary motions ſeem then to be at one & the

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ſame time, which may offend nature; as the great heat of the weather leading the humours of the body outwardly to the circumference thereof, and the medicine drawing them inwardly to the center. All which circumſtances in our cold region are little, or nothing at all (as formerly hath been mentioned) to be regarded. For as *Jacobus Hollerius*, a *French* Phyſitian, much honoured for his great learning and judgement, hath very well obſerved in his Comment upon this Aphoriſme; *Hippocrates* ſpeaketh here onely of thoſe purging medicines which are ſtrong and vehement, or hot and fiery; and that this precept is to take place in moſt hot Regions, but not in theſe cold Countries, as *France*, *England*, and the like.

Over and beſide all this, thoſe churliſh hot purging medicines, which were then in frequent uſe in *Hippocrates* his time, & ſome hundred years after, are now for the moſt part obſolete, and quite grown out of uſe, ſeldome brought in practice by Phyſitians in theſe dayes; becauſe we have within theſe laſt ſix hundred yeares, great choyce and variety of more mild, benigne, and gentle purgatives found out by the *Arabian* Phyſitians, which were altogether unknown unto the Ancients, to wit, *Hippocrates*, *Dioſcorides*, *Galen*, *&c.* which have little heat and acrimony, many whereof are temperate, and divers cooling, which may moſt ſafely be given either in the hotteſt times & ſeaſons of the year, or in the hotteſt diſeaſes. Let us adde to theſe the like familiar and gentle purging medicines more lately, yea almoſt daily newly found out ſince the better diſcoveries of the East and Weſt Indies. So that henceforth let no man feare to take either eaſie purgatives, or other inward Phyſick, in the time of *Canicular* or Dog-dayes.

The ſame *Hollerius* goeth on in the expoſition and interpretation of the ſaid Aphoriſme, and confidently ſaith: *Over and beſides that we have benigne medicines, which we may then uſe, as Caſſia, &c.* We know and find by experience, no time here with us more wholſome and more temperate (eſpecially when the *Eteſian* or *Eaſterly* windes doe blow) then the *Canicular* dayes; ſo that we find by obſervation, that thoſe diſeaſes which are bred in the moneths of *June* and *July*, do end in *Auguſt*, and in the *Canicular* dayes. Wherefore if a diſeaſe happen in thoſe dayes, we feare not to open a vein divers times, and often, as alſo

ſo to preſcribe more ſtrong purging medicines.

Wherefore away henceforth with the ſcrupulous conceit, and too nice feare of the Dog-dayes, and let their ſuppoſed danger be had no more in remembrance among us. And if any will yet remain obſtinate, and ſtill refuſe to have their beames pulled out of their eyes, let them ſtill be blind in the midſt of the clear Sunſhine, and groap on after darkneſſe: and let all learned Phyſitians rather pitie their follies, then envy their wits.

Chap. XIII.

At what time of the yeare, and at what houre of the day it is moſt fit and meet to drink this water.

To ſpeak in generall termes, it is a fit time to drink it, when the aire is pure, cleare, hot and dry: for then the water is more tart, and more eaſily digeſted, then at other times. On the contrary, it is beſt to forbeare, when the the aire is cold, moiſt, dark, dull and miſty: for then it is more feeble, and harder to be concocted.

But more ſpecially, the moſt proper ſeaſon to undertake this our *Engliſh Spaw* diet, will be from the middeſt or latter end of *June*, to the middle of *September*, or longer, according as the ſeaſon of the yeare ſhall fall out to be hot and dry, or otherwiſe.

Not that in the Spring time, and in Winter it is not alſo good, but for that the aire being more pure in Summer, the water alſo muſt needs be of greater force and power. Notwithſtanding it may ſometime ſo happen in Summer, that by reaſon of ſome extraordinary falling of rain, there may be a ceſſation from it a day or two. Or if it chance to have rained over night, it will then be fit and neceſſary to refrain from drinking of it, untill the rain be paſſed away again: or elſe (which I like better) the Fountaine laded dry, and filled again, which may well be done in an houre, or two at the moſt.

Touching the time of the day when it is beſt to drink this water, queſtionleſſe the moſt convenient houre will be in the morning, when the party is empty and faſting about ſeven a clock: Nature having firſt diſcharged herſelfe of daily excrements both

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by ſtoole and urine, and the concoctions perfected. This time is likewiſe fitteſt for exerciſe, which is a great good help, and furtherance for the better diſtribution of the water, whereby it doth produce its effects more ſpeedily.

Chap. XIV.

Of the manner of drinking this water, and the quantity thereof.

THoſe who deſire the benefit of this Fountain, ought to goe to it ſomewhat early in the morning; and, if they be able and ſtrong of body, they may doe very well to walke to it on foot, or at leaſt wiſe ſome part of the way. Such as have weake and feeble legges, may ride on Horſe-back, or be carried in Coaches, or born in Chaires. As for thoſe whoſe infirmities cauſe them to keep their Beds, or Chambers, they may drinke the water in their lodgings, it being ſpeedily brought to them in a veſſell or glaſſe well ſtopt.

It is not my meaning or purpoſe to deſcribe here particularly what quantity of it is fit and meet for every one to drinke: for this is part of the task and office which belongeth to the Phyſitian, who ſhall be of counſell with the Patient in preparing and well ordering of him: who is to conſider all the ſeverall circumſtances, as well of the malady or diſeaſe it ſelfe, as of his habit and conſtitution, &c. Nevertheleſſe I may adviſe, that at the firſt it be moderately taken, increaſing the quantity daily by degrees, untill they ſhall come at laſt to the full height of the proportion appointed, and thought to be meet and neceſſary. There they are then to ſtay, and ſo to continue at that quantity, ſo long as it ſhall be needfull. For example, the firſt morning may happely be 16 or 18 ounces, and ſo on by degrees to 20. 30. 40. 50 60. or more, in people who are of good and ſtrong conſtitutions. Towards the ending the abatement ought likewiſe to bee made by degrees, as the increment was formerly made by little and little.

Here by the way every one muſt be admoniſhed to take notice, that it is not alwayes beſt to drink moſt, leſt they chance to

oppreſſe and overcharge Nature; that would rather be content with leſſe. It will therefore be more ſafe, to take it rather ſomewhat ſparingly, though for a longer time, then liberally and for a ſhort time. But, indeed, the trueſt and juſteſt proportion of it, is ever to be made and eſteemed, by the good and laudable concoction of it, and by the due and orderly voiding of it again.

It will not be here amiſſe to adde this one obſervation further: That it is better to drink this water once a day, then twice, and that in the mornings, after that the Sunne hath dryed up and conſumed the vapours retained through the coldneſſe of the night, &c. as is formerly declared. After drinking it, it will be needfull to abſtain from meat and other drink for the ſpace of three or foure houres.

But if any one, who hath a good ſtomack, ſhall be deſirous to take it twice a day; or if any ſhall be neceſſarily compelled ſo to doe for ſome urgent cauſe, by the approbation of his Phyſitian, let him dine ſomewhat ſparingly, and drink it not again, untill five houres after dinner be paſt, or not untill the concoction of meat and drink in the ſtomack be perfected: Obſerving likewiſe, that he content himſelfe in the afternoones with almoſt half the quantity he uſeth to take in the mornings.

CHAP. XV.

Of the manner of dyet to be obſerved by thoſe, who ſhall uſe this water.

THe regiment of life in meats and drinks, ought chiefly to conſiſt in the right and moderate uſe of thoſe, which are of light and eaſie digeſtion, and of good and wholeſome nouriſhment, breeding laudable juice. Therefore all thoſe are to be avoided, which beget crude and ill humours. There ought furthermore ſpeciall notice to be taken, that great diverſitie of meats and diſhes at one meale is very hurtfull, as alſo much condiments, ſauces, ſpice, fat, &c. in their dreſſing and cookery.

I commend hens, capons, pullets, chickens, partridge, pheſants, turkies, and generally all ſuch ſmall birds, as live in woods, hedges, and mountains. Likewiſe I doe approve of veale, mut-

ton,

ton, kid, lambe, rabbets, young hare or leverits, &c. All which (for the moſt part) are rather to be roaſted then boyled. Nevertheleſſe thoſe, who are affected with any dry diſtemper, or thoſe, who otherwiſe are ſo accuſtomed to feed, may have their meats ſodden; but the plainer dreſſing the better.

I diſcommend all ſalt meats, beefe, bacon, pork, larde, and larded meats, hare, veniſon, tripes, and the entrailes of beaſts, puddings made with blood, pig, gooſe, ſwan, teale, mallard, and ſuch like; and in generall all water-fowle, as being of hard digeſtion and ill nutriment.

Amongſt the ſeverall kindes of fiſhes, trouts, pearches, loaches, and for moſt part, all ſcaly fiſh of brooks, and freſh rivers may well be permitted. Morever ſmelts, ſoales, dabs, whitings, ſturbuts, gurnets, and all ſuch other, as are well known not to be ill, or unwholeſome to feed on. All which may be altered with mint, hyſſop, aniſe, &c. Alſo cre-fiſhes, crab-fiſh, lobſters, and the like, may be permitted.

Conger, ſalmon, eeles, lampries, herrings, ſalt-ling, all ſalt-fiſh, ſturgion, anchovies, oyſters, cockles, muſcles, and the like ſhell-fiſh are to be diſallowed.

White-meats, as milke, cruds, cream, old cheeſe, cuſtards, white-pots, pudding-pyes, and other like milk-meats, (except ſweet butter, and new creame cheeſe) are to be forbidden. Soft and reer egges we do not prohibit.

Raiſons with almonds, biſket-bread, marchpane-ſtuffe, ſuckets, and the like, are not here forbidden to be eaten.

Let their bread be made of wheat, very well wrought, fermented or leavened; and let their drink be beer well boyled and brewed; and let it be ſtale, or old enough, but in no wiſe tart, ſharp, or ſower: And above all let them forbeare to mixe the water of the fountain with their drink at meals; for that may cauſe many inconveniences to follow, and enſue.

Let me adviſe them to eſchew apples, peares, plumbs, codlings, gooſeberries, and all ſuch like ſommer fruits, either raw, in tarts, or otherwiſe: Alſo peaſe, and all other pulſe; all cold ſallets, and raw hearbs; onions, leekes, chives, cabbage or colewoorts, pompons, cucumbers, and the like.

In ſtead of cheeſe at the end of meales, it will not be amiſſe

to eate citron, or lemon pils condited, or elſe fennell, anniſe, coriander comfits, or biskets and carawayes, as well for to diſcuſſe and expell winde, as to ſhut and cloſe the ſtomack, for the better furthering the digeſtion of meats, and drinks. And for that purpoſe, it would be much better, if the Phyſitian, who is of counſell, ſhould appoint and ordaine ſome fit and proper Tragea in groſſe powder mixed with ſugar, or elſe made into little cakes or morſels. Likewiſe marmalade of quinces, either ſimple or compound, (ſuch as the Phyſitians doe often preſcribe to their patients) may be uſed very commodiouſly.

After dinner they ought to uſe no violent exerciſe, neither ought they to ſit ſtill, ſadly, heavy and muſing, nor to ſlumber, and ſleep; but rather to ſtirre a little, and to raiſe up the ſpirits for an houre or two, by ſome fit recreation. After ſupper they may take a walk into the the fields, or Caſtle yard.

CHAP. XVI.

Of the Symptomes or accidents, which may now and then chance to happen to ſome one or other in the uſe of this water.

ALthough thoſe who are of good and ſtrong conſtitutions, obſerving the aforenamed direction, doe ſeldome or never receive any harme, or detriment by drinking this water: notwithſtanding it may ſometime ſo fall forth, that ſome of the weaker ſort may perhaps obſerve ſome little, or ſmal inconvenience thereby, as retention of it in the body: inflation of the belly: coſtiveneſſe, and the like. Wherefore to gratifie thoſe, a word or two of every one ſhall ſuffice.

Firſt then, for to cauſe a more ready and ſpeedy paſſage of it by Urine, it will not be amiſſe to counſel the party after his return to his lodging to goe to his naked bed for an houre or two, that thereby warmneſſe, and naturall heat may be brought into each part of the body, the paſſages more opened, and nature by that means made more fit and apt for the expulſion of it. During which time it will be very requiſite to apply hot cloathes to the ſtomack:

ſtomack: but not ſo as to provoke ſweat. Or elſe, to cauſe it to void and evacuate either by Urine, ſtoole, or ſweat, exerciſe will be a good help and furtherance; if the party be fit for it. But if neither of theſe will prevaile, then a ſharp glyſter ought to be adminiſtred.

The inflation or ſwelling of the belly hapneth principally to thoſe, who have feeble and weak ſtomacks; who may doe very well to eate anniſe, fenell, or corriander comfits at the fountain between every draught, and to walk a little after; or elſe ſome carminative Lozenges, made with groſſe powders, ſpices and ſeeds for breaking of winde: or what other thing the learned Phyſitian ſhall deem to bee moſt fit and proper in his wiſdome and judgement. But if the inflation chance to be very great, then a carminative glyſter muſt be ordained.

Such as ſhall bee very coſtive may doe well to eat moiſtning meats, and to uſe mollifying hearbs, raiſons ſtoned, corants, damaſcene prunes, butter, or the yolkes of egges, and the like in their broths, or pottage. If theſe will not be ſufficient, then let a day be ſpared from drinking the water, and let the party take ſome lenitive medicine, laxative corants, or ſome ſuch like thing; whereof the Phyſitian hath ever great choice and variety, wherewith he can fit directly every one his caſe; to whom preſent recourſe ever ought to be had, when any of theſe, or the like accidents doe happen, as likewiſe in all other caſes of waight and moment.

A RELATION OF CERTAIN PARTICVLAR CVRES,

Done by vertue of Minerall waters, neare KNARESBOROVV in the West-riding of the County of Yorkshire.

By Mr MICHAEL STANHOPE.

BEFORE entrance be made into the ensuing Narrations, it will not be amisse for the satisfaction of such who are meere strangers to the knowledge of these waters, to let them know, that it is now full six yeares since notice hath been given to the world by a Book called *Spadacrene*, or the *English Spaw*, (written by Dr *Deane*, a learned Physitian of the Citie of *Yorke*) of certain Minerall waters,

ters, ſeated in the Forreſt of *Knaresborow*, in the Weſt-riding of *Yorkeſhire*. Since which time divers have repaired to them from remote places, (according to their ſeverall neceſſities) to experiment them, invited by the Doctors promiſed probabilities of their uſefull operations. What hath been the event and ſucceſſe, I have undertaken to preſent to the publick view.

That *Spaw* Springs though they uſually challenge (as doth the *Spaw* in *Germany*, which is the reaſon we give them the ſame name) a ſingularity in eaſing and curing (ſuch as are curable) of the Stone and Gravell, as alſo in op ing the obſtructions of the Spleen, and allaying all Melancholy effects and paſſions, yet it will appeare by the ſubſequent Diſcourſe and Relations, that this kind of water hath other rare and ſecret influences and operations, which hath procured no ſmall wonder in thoſe who have obſerved the effects; The particular inſtances whereof, (without any longer ſuſpending thy expectation) I now intend to enter upon, beginning firſt with the cure and alleviation of the ſtone, and other diſtempers incident to the Kidneys and Reines.

In the yeare 1626. Miſtreſſe *Rolf* of *Hadley* in the County of *Suffolke*, having occaſion to give a viſit to ſome of her neere friends in *Yorkeſhire*, within a few weekes of her ſtay there, ſhe found her ſelf ſuddenly ſurprized with extraordinary ſharp fits, which by their ſymptomes did manifeſtly appeare to be the ſtone. Hereupon ſhe applied herſelfe to the Phyſitians advice, but finding little or no eaſe by their preſcriptions (though probable ones) ſhe was perſwaded to try the new water at *Knaresborow*, where ſhe had not continued above a fortnight, but ſhe voided many ſtones, to the number of an hundred, bigger and leſſe, whereby ſhe was quit of all her pain, and hath ever ſince continued in health, free from all manner of anoyance in that kind.

Henry Curra of *Whardale* in the Weſtern parts of *Yorkſhire*, ſervant to Sr *Peter Middleton*, about the age of 50 years, having ſuffered much pain for divers yeares, his fits of the ſtone being ſo violent, that he was not able to ride on Horſe-back, or to lye in his bed an houre together without riſing, nothing that he could take affording him any eaſe, he went at laſt to the *Spaw*

Spring, where having drunk the water about a month, he voyded divers ſtones, ſome whereof he hath to ſhew, being bigger then a great Pea. He returned home eaſed of all his pain, he recovered his ſtrength, and is now well able to ride about his occaſions without any diſturbance, nor hath he ever ſince (being now three yeares) had any fits worthy of complaint.

Henry Rowly of *Linton*, neare *Weatherby* in *Yorkeſhire*, of the age of ſixty years, much perplexed a long time with the ſtopping of his water, by his repaire to the *Spaw*, voided much gravell, and from that time was no more troubled ſo long as he lived.

Miſtreſſe *Barker* of *Doare* in *Darbeſhire*, about the age of 34 yeares, had a dangerous ulcer in her Kidney, beſides a very obſtructed body, wherewith ſhe was brought ſo low, that ſhe was not able to goe without the ſupport of one or two; her ſtomack had loſt its appetite, not able through weakneſſe to digeſt any meat, no nor the moſt apt broaths that could be made, ſo that ſhe was forced to ſuſtain nature by returning to her infant pap. In this weak and deſperate condition (having formerly not ſpared to uſe all the helps that could be deviſed by the Phyſitian) ſhe was gently brought to the *Spaw*, not expecting (as ſhe told me herſelfe) to be recovered, onely ſhe thought it not fit to be wanting to any meanes that might be propounded. It pleaſed God to give ſuch a bleſſing in the uſe of the water (which ſhe daily drunke as well as ſhe was able) that within a few dayes there came from her an incredible deale of putrid matter, which gave her ſuch eaſe, that by degrees ſhe gathered ſtrength, her inward parts were deopilated, her ſtomack reſtored, and within the compaſſe of five weeks ſhe was (to the wonder of all that had taken notice of her) reduced to a moſt apparent ſtate of health and ability of body I ſeeing her this Summer, 1631. at the *Spaw*, (for it was the fore-going yeare ſhe had received her Cure, and this yeare came only to the water to confirm herſelf) could not but admire to behold ſo freſh a looke, and ſo well-liking a body, conſidering the report of her former exceeding weakneſſe.

I will not ſay it were time loſt, but it might be better ſpent then to multiply all the known examples in this kind, the fore-

going

going ones being of ſufficient proofe to make good the waters efficatious uſe in the infirmity of the ſtone. Not that I am to ſeek for more, for I might (but that I willingly avoyd ſuperfluous tedionſneſſe) adde to the other.

Miſtreſſe *Ellis*, wife to Mr *Ellis* Miniſter at *Beaverley*, who received a wondrous cure in the like ulcerated part.

Miſtreſſe *May*, a Citizens wife of *Yorke*, who after many yeares trouble, (being of great age) was abſolutely freed from her long continued fits of the ſtone, with divers others whom I purpoſely omit (nothing being more ordinary) that others may come into play (though of a differing kind, yet) of remarkable note.

For Melancholy and Splenetique effects, there are few or none (that I have ever yet heard of who have repaired to this *Spaw* water, but have found extraordinary eaſe, and a great abatement of thoſe diſturbances which are the ordinary unwelcome attendants of that diſtemper.

Amongſt others Mr *Sacheveril* of *Darbiſhire* (hearing of this *Spaw* water) came to *Yorke* to adviſe with Dr *Dean*, who after he had fitly prepared his body (a rule groſly omitted by many) ſent him to *Knaresborow* to drink of the water, being in the yeare 1630 to his great reliefe. For whereas he had been exceedingly long time perplexed with many fearfull paſſions, and upon ſlight occaſions apt to entertain horrid and aſtoniſhing imaginations, (the ordinary companions of that diſeaſe called *Hypochondriaca paſſio*) he returned to *York* to give Dr *Dean* thankes for his ſending him to the water, profeſſing his ſpirits to be much cheared, his fancy cleared from all cloudy and miſty conceits, which his very look and inſpection did witneſſe, and ſo he returned home, continuing ever ſince in a conſtant tenor of a quiet and uninterrupted condition.

Miſtreſſe *Ayre* wife to Mr *Anthony Ayre* of *Rampton* in *Nottingamſhire*, a Gentlewoman of much worth and eſteem for her approved vertue, and all other requiſites that give luſtre to her Sex, had (with the expence of much money) tried what could be done in the taming and qualifying of that ſame dull melancholy humour, her ſelfe not unſeen (as in many rare ſecrets ſo) in curious receits of that kind, at length grew weary in trying conclu-

cluſions, receiving little or no benefit by any. She was drawn at laſt by report of the *Yorkeſhire Spaw*, to try the effects of it, which was in the yeare 1629. where ſhe found more comfort and eaſe by one moneths uſe of the water, then ſhe could ever receive by all the beſt adviſe her money could purchaſe.

Others I have known affected or rather afflicted in this kinde, who have acknowleded to have received great benefit by this water, whoſe names and ſtories I ſpare, the forenamed being ſufficient inſtances of the powerfull effect of this water in moderating this ſame *Ludibrium Medicorum*, the melancholly humor.

I ſhall now preſent a miſſellanie of other cures, or rather wonders, worthy the ſerious conſideration of the learned, and the admiration of all.

Mr. *William Tompſon* Poſtmaſter of *Weatherby* in *Yorkeſhire*, had continued deſperately ſick of a hectick feaver 28. weeks, living then in *Cambridge ſhire*. He had uſed the advice of the beſt Phyſitians in thoſe parts, and was at laſt given over as a man paſt hope, his weakneſſe being ſuch that he went not to the ſtool in all that time, but by the help of a ſuppoſitory, or the like means. In this poore eſtate (hearing of this water) he adventureth in the depth of winter (a moſt unſeaſonable time by the conſent of all thoſe who write of the uſe of theſe kinde of waters) to experiment them, and ſo with ſome difficulty hee was brought to *Weatherby* being diſtant from *Knaresborow* foure miles. Having reſted a day or two, he began to drink of the water, which had ſuch good effect in him, that without any pain at all he had the benefit (the firſt day) of nature, and within a few dayes he found a ſtrange alteration in his body, his ſtomack was quickned, and his ſpirits ſtrangely revived. He continued the drinking of the waters 14. dayes, till at length he was not ſenſible of any defect that might cauſe him to make any longer uſe of it.

To be ſhort, within a ſmall time (through Gods bleſſings) meerly by this water, he was reſtored to be a perfect man, and ſo continueth. This was in the yeare 1628.

Mr. *Foules* a gentleman of *Scotland*, and advocate of *Edenborow*, about the age of 57. years, through a weakneſſe of all his limbs proceeding (as may be ſuppoſed) from a relaxation of the ſinewes, was not able (but with much trembling) to lift his hand

hand to his mouth, or to get on, or off his horſe, but with much help, he came to *Knaresborow* in the year 1627. where having ſtaid about a moneth, drinking every morning of the *Spaw* ſpring, and making uſe of the Sulpher water by way of bath at his lodging, before he departed he was able to performe all fit offices about himſelf, without the aide of any, and hath continued in good ſtate of body ever ſince.

Mr. *Rauden* of *Rauden* in *Yorkeſhire*, had been many years ſoare vexed with terrible panges, and gripings in his body, ſo that through the continuall extremity of his diſtemper, his fleſh was decayed, his appetite loſt, and his ſleep very ſhort and unquiet. He had uſed the adviſe of ſome of the beſt Phyſitians of the Kingdome, but finding little or no eaſe, he came to try what the *Spaw* water would doe, being then but newly divulged. Not many dayes after he had drunk of the water, hee avoided two great chaines of worms, being either of them above a yard long, which though they ſeemed divers worms linckt together, by the ſeverall motions in many parts at once (which had they been, would have amounted to thouſands) yet were but one, of which the learned report that kinde of worm to be of a ſtrange and ſcarce credible length. About foure dayes after he voyded 4. other ſingle worms, great and very long, but dead; After which he voided no more, but was freed from all manner of pain, and by degrees and ſteps aſcended again to his former beſt health, and hath continued a ſound man ever ſince.

The confident knowledge hereof invited a Gentleman (a neighbour of his) called *Rockley*, having continued long a very infirme man, and not able by any means to underſtand the cauſe of his weakneſſe, to try the water, where after he had ſtaid a few daies, there came from him 14 worms or rather *Monſtra*, as ſome will tearm them, every one about an inch long and alive. Their heads were black, and their tayles tipt with black, all of them having many feet. About 6. daies after he voyded 4. more of the like forme alive: Moſt of them he kept alive in a box a few dayes which were ſeen of many, with no little wonderment. Since which time he hath recovered ſtrength, and liveth now in very good health.

The Lady *Vaviſour* (wife to Sr. *Thomas Vaviſour* Baronet

of *Yorkeſhire*) had loſt in a manner the uſe of all her limbs, through what diſtemper I know not, but ſhe was brought to ſuch a degree of weakneſſe, that child-like ſhe was rockt in a cradle: There was no means unaſſaied which might re-inable her, but all in vain. In this eſtate ſhe was brought to the *Spaw* water, by the uſe whereof (by Gods mercy) ſhe was reſtored to ſtrength and health.

One *William Shan* of *Medley* in *Yorkeſhire*, being much troubled with the ſtopping of his water, which cauſed intollerable pain, in a deſperate mood in one of his fits (being a man of extraordinary courage) cauſed an inſtrument of Iron to be made by an ordinary Smith, about the bigneſſe and length of a packneedle. This (not any other daring to do it) he (boldly rather than wiſely) thruſt up into his yard, and pulling it forth violently, he opened the paſſage, ſo that a great quantity of water with an intermixture of blood iſſued forth, by reaſon of a dangerous wound made by the inſtrument, which after proving ulcerous, could by no means be healed. He (as his laſt refuge) repaired to the *Spaw* water, where within a few dayes he received not onely cure of his former ſtoppage of water, but was perfectly cured of his ulcer.

One *Walles* of *Copeland* in the County of *Northumberland*, about the age of 50. years, being of an extraordinary corpulencie of body, his belly eſpecially of a vaſte greatneſſe. For diverſe years, he had not been able to go the ſpace of an hundred yards (eſpecially if it were an aſcent) without reſting himſelf, his breath failing him upon the leaſt extraordinary motion. By the drinking of the *Spaw* water he was brought to that paſſe within three weeks, that his belly did fall to an ordinary ſize, he was able to go from the Town of *Knaresborow* to the Spring (which is a mile and a half, part of it being a great aſcent) without any deſire of eaſe, and hath continued ever ſince a man as able to foot it as moſt of his age.

The like effect the late Right Honourable Counteſſe of *Buckingham* found, who this laſt ſummer 1631. vouchſafed to honour the *Northern Spaw* with her preſence. Her infirmity (I have it from her own mouth) was a ſhortneſſe of breath, not being able to get up an ordinary paire of ſtaires but with much difficulty

difficulty of breathing, and reſting once at the leaſt. There is none will queſtion but her ample fortune was able to command the choiceſt helpes of Phyſick: Which failing, ſhe had recourſe to *Wellingborow*, but even that water, (ſo much famed) was not able to performe any thing worth her ſtay. At laſt ſhe was adviſed by a learned Artiſt (who was no ſtranger to this our *Spaw*) to make tryall of our water. Her honour was pleaſed to tell me (having drunk orderly of the water about ten dayes) that ſhe found the whole frame of her body reduced to a very good temper, and for that particular, which occaſioned her comming to the water, ſhe did profeſſe ſeriouſly, that ſhe was well able to mount two paire of ſtairs without either ſupport, or the leaſt deſire of reſpite. The time of the year was ſomewhat too farre ſpent at her comming to the water (for it was the middle of *Auguſt*) ſo that the coldneſſe of the air, and frequent ſhowers, forc't her departure before the water could finiſh its worke, which was no ſmal prejudice to her after being.

Mrs. *Fareweather* of the City of *Yorke*, dwelling in *Micklegate* had been long troubled with a dizineſſe in her head (call it the Vertigo or what you pleaſe) ſo that if ſhe did but ſtoop to the ground (lookir g downwards) ſhe was ready to fall; by the uſe of the *Spaw* water for the ſpace of a moneth was abſolutely freed from this her diſtemper.

The Lady *Hoyle* wife to the new Lord Major of the City of *Yorke*, after ſhe had been the mother of foure children, did fall into a ſtrange infirmity. Her face (for the moſt part every ten or eleven weeks after ſhe had conceived) did ſwell and grow very red, many knots ariſing in diverſe parts of her face. The ſwelling ſometimes was ſuch that it almoſt deprived her (for the time) of her ſight: during the continuance of which trouble ſhe miſcarried of three or foure children together. It muſt be ſuppoſed one of her ability (being happy alſo by enjoying a tender, loving husband) could want no meanes that part could afford, but no proof or good ſucceſſe was found. She was at laſt adviſed to repaire to the *Spaw*, where ſhe ſtayed about 3. weeks, finding apparent ſignes of her bodies alteration. Within two moneths of her return home, it pleaſed God ſhe conceived, continuing in a conſtant ſtate of health to the time of her delivery. She hath

ſince then been bleſt with diverſe children, not having the leaſt touch of her former diſtemper.

A poore boy about the age of 13 years, had often ſtrange fits like thoſe of the *Epilepſie*, or falling ſickneſſe, yet ſomwhat differing from the ordinary fits of that diſeaſe, neither foaming at the mouth, nor ſhewing any diſtortions of countenance. He would lye (as if he had been dead) the ſpace of a quarter of an houre, without the leaſt motion. In this caſe he had continued a yeare and more, and did uſually fall two or three times a day. He was brought to drink of the *Spaw* water, and within ten dayes did ſo alter, that he did not fall above once in ſix dayes ſpace. He returned home in hope of recovery, yet too ſoon if my advice might have taken place; but the party that brought him thither, told me he was not able to ſtay in regard of the charge.

Miſtreſſe *Sadler*, daughter to that ſame reverend Sage of the Law, Sr *Edward Cook* (let her pardon me that I cloſe the relations of the *Spaw* with her name, who for her worth and excellent parts deſerved to be rank't and equalled with the beſt of her ſex) came to the *Spaw* in the yeare 1630. Her diſtemper, (as neer as I can inform my ſelf) was a long continued fixed pain in her head: It is very probable that ſhe received benefit by the waters uſe, which incouraged her to repaire to the water again the laſt yeare 1631. And pitty it were ſhe ſhould not finde good ſucceſs, ſhe ſhewed herſelfe ſo rare a pattern of patience, in attending the iſſue of ſix weeks ſtay, not any one that I have obſerved, proceeding in the whole courſe in drinking of the water, with ſuch conſtant obſervation of all thoſe Rules which are requiſite to be obſerved by thoſe who expect benefit by the water.

And now having finiſhed what I think fit to inſtance concerning this our *Spaw* water, I will adde a few experiments of the Sulphur Spring

Maud Bogge (for by that name ſhe is cõmonly known) a woman of an ordinary condition, dwelling in the Citie of *Yorke*, about the age of 50 yeares, had a ſwelling about her Ancle, which had continued long: the place was for the moſt part, very red, and hard, whereunto was applied divers meanes by the Surgeons to bring it to a head, but nothing availed. Her pain did daily increaſe, the part was grown monſtrouſly great, whereby

ſhe

ſhe began to loſe the uſe of her limb. She was at length adviſed to goe to the Sulphur Spring neare *Knaresborow*, whither (with much a-doe) ſhe was brought on Horſe-back. The next day after her coming, ſhe drunk liberally of the water, which purged her in a violent manner, and at night ſhe bathed her legge in the water at her lodging. This courſe ſhe continued for three dayes, during which time the ſwelling abated very much, and ſhe was able the fourth day to tread on the ground ſo boldly and firmly, that without expecting any further operation of the water, ſhe returned to the Citie of *York* on foot, as if ſhe ſcorned any other help; and within a week ſhe was ſo perfectly cured, that divers who had ſeen her ſweld legge, did admire to ſee her trot up and down the Citie, as if ſhe had never ailed any thing. This was in the yeare 1627. This Summer being 1631. I ſpoke with her at *Yorke*, from whom I had her ſtory. Dr *Dean* and divers in *Yorke* taking ſpeciall notice of it.

In the yeare 1629. there came a poore man to make uſe of the *Sulphur* Spring, whoſe name and abode I have not had the opportunity to learn. He had a great ſwelling in his knee which had continued long; the place was exceeding hard to feele to, and grown over with haire, nor could the force of any medicine make it to yeeld to any abatement or ſuppuration. He drunk of the water daily, which purged him, and bathed his legge often in it: within leſſe then a fortnight the part did ſenſibly ſoften, and ſoon after did break; whence iſſued a great number of ſmall worms, to the amazement of divers. Freed from theſe, he was much refreſhed, and within a few dayes returned to his owne home, by all appearance a ſound man. A noble Knight (who li- Sr F.F.
ved then near *Knaresborow*) took (as there was good cauſe) ſpeciall notice of this ſtrange cure, whoſe unblemiſhed reputation is a ſufficient wrrrant to ſatisfie me in the publiſhing of it.

One *Benſon* who dwelleth near the Spring, aſſured me a poor woman had received the like cure in one of her breaſts, whereof he was a witneſſe.

There is nothing more familiar then for poore people to repair to this Spring, moſt of them (that have the patience to ſtay) receiving cure of old ſores, and ulcerated parts. What inward diſeaſes this water doth properly reſpect, hath not yet (which is

great pitie) been judiciouſly examined: but that it may be uſefully applied, this one following inſtance may fully ſatisfie.

One *Smith*, a Shoomaker, dwelling in the Citie of *Yorke*, was extreamly over-grown with the Scurvy, ſo that he was in ſome danger of his life, uſuall medicines nothing availing. He was at length adviſed by a learned Scholler in the Citie (by profeſſion a Divine, yet verſed of late in phyſicall notions) to ſend for the Sulphur Spring water to his houſe, which he not very willingly did, thinking it a hard task to drink water in the cold of winter. His ordinary draught was half a pint in the morning, which had ſuch good ſucceſſe in him, that within leſſe then a month he was by this and other means, quit of his diſeaſe.

The like effect a good old man in the Citie experimented to his great reliefe.

Lo here two Springs of admirable operations! And if an exact Sumetritian by the proportion of *Hercules* his foot, be able to collect the whole fabrick of his body, why may not the learned (whoſe ſerious thoughts are bent upon the theory of Natures ſecrets) from theſe examples deduce excellent concluſions of large and ample uſe.

I had thought to ſhut up this Diſcourſe, but that I am loath to ſmother any thing that may tend to the publick good.

Thoſe who have obſerved the wonders of this our happy Ile, have taken notice of a Spring ſeated underneath the Caſtle of *Knaresborow*, commonly called, *The dropping Well*, famous for the turning whatſoever is caſt into it, or caſually fals in (as moſſe, leaves, ſticks, and the like) into ſtone: whereupon it is that this Spring is viſited of many by way of admiration. But time hath of late diſcovered a Phyſicall uſe of this water, namely that it is an infallible cure for a flix.

This year 1631. it was my chance to be a witneſſe of this particular, A Miniſter of *Yorkeſhire*, one *Greatheed*, came to *Knaresborow* to give his attendance on a noble Gentlewoman, whoſe infirmity did crave the aid of the *Spaw* water: He (not intending to drink of the water ſeriouſly) thought he might ſafely now and then (as many doe for companies ſake) take a few draughts of the *Spaw* water: within a weekes ſtay (by what accident I know not) he was overtaken with a violent flix, which continued three

three dayes, in such a degree of excesse, that there was just cause to feare. At that time there was happily in the house a Physitian of good note, one Dr *Web* (a Gentleman of extraordinary curious parts, besides his exact knowledge in his professiion, to whom these *Northern* waters are indebted for his carefull examination of them, and his willingnesse to advance their due fame) whose advice being craved, (and time it was to advise, for the party was brought so weak, that he was stept into a degree of convulsions) he (out of former experience in a noble Lady in the same case, who (all other meanes failing) had received present help by this *Dropping well*) presently caused him to drinke a draught of the said water, which without dallying instantly stayed the flix, so that within a few dayes he became a strong man.

FINIS.

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